

Upcoming Events

 In-Person
 Hybrid
 Virtual

Introduction to Mahjong 6-Week Series

THURSDAY, AUGUST 6, 13, 20, 27, SEPTEMBER 3, 10, 2:30 - 4:00 PM

 IN-PERSON

Explore the exciting game of Mahjong! Join us for a 6-week series to learn and play this exciting game. Perfect for beginners, this class will guide you through the fundamentals of the game. By the end of the series, you'll be ready to join our ongoing weekly drop-in group, where you can practice and enjoy the game with fellow enthusiasts.

Ask the Dietitian: Hydration

FRIDAY, AUGUST 7, 1:00 - 1:45 PM CST

 VIRTUAL

Do you have questions about diet, nutrition, or food-related concerns? Join us each month to explore a variety of topics with our Board-Certified Specialist in Oncology Nutrition. Whether you're managing cancer treatment, supporting a loved one with cancer, or simply looking to enhance your diet, you'll receive expert, evidence-based guidance to support your nutritional needs and wellness goals.

The Protein Puzzle: Myths, Facts, and Healthy Choices for Cancer Survivors

MONDAY, AUGUST 10, 1:00 - 2:30 PM

 IN-PERSON

Confused about protein? You're not alone. Whether you're in treatment or living beyond cancer, this interactive program will answer common questions about protein needs, supplements, plant-based proteins, and meal planning. Join Lori Bumbaco in the CWC demonstration kitchen and learn easy ways to include protein at every meal, prevent muscle loss, and support your health with foods you enjoy. Samples will be shared.



Coping with a Cancer Diagnosis

TUESDAY, AUGUST 18, 1:00 - 2:30 PM CST

 VIRTUAL

Hearing the words "You have cancer," can turn life upside down in an instant, leaving many people overwhelmed by the emotions that follow. Join Priscilla Andrews, Director of Clinical Services & Programs at Cancer Wellness Center, as she discusses the emotional impact of a cancer diagnosis. Priscilla will explore common concerns that individuals and families may experience, strategies for building a strong support network, and practical techniques for managing stress. The program will conclude with a Q&A session.

This presentation is especially beneficial for individuals who have been recently diagnosed with cancer and their loved ones. All are welcome to attend.

SCAN QR
CODE TO
REGISTER



Introduction to Feldenkrais: Awareness Through Movement

3-Week Series

TUESDAY, AUGUST 11, 18, 25, 1:00 – 2:00 PM



During this series, students will explore small, comfortable movements that can translate to improvements in mobility and well-being. Our focus will be on what can be learned by bringing attention to our movements rather than effort and achievement.

Therapy Dog Meet and Greet

TUESDAY, AUGUST 11, 4:00 – 5:00 PM



Join us for a relaxing and enjoyable meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. This informal monthly program offers you the opportunity to interact with the dogs, learn about their training, and watch them show you their special skills.

Labyrinth Walk

WEDNESDAY, AUGUST 12, 10:45 – 11:30 AM



Join others at Cancer Wellness Center and enjoy a community labyrinth walk together. Walking a labyrinth can be a calming and reflective practice that supports the body-mind-spirit connection. We will meet inside the Center for a brief discussion and optional journaling before beginning our walk.

Men's Hike

MONDAY, AUGUST 17, 10:30 – 11:30 AM



Join us for a two-mile hike through natural terrain at Fort Sheridan Forest Preserve. Please wear comfortable walking or running shoes and dress for the weather. (This hike is reserved for any male participant - those diagnosed, caregiving or bereaved).

Introducción a la Meditación Mindfulness- Serie de 5 semanas consecutivas

**MIÉRCOLES AGOSTO 19 Y 26, SEPTIEMBRE 2, 9, Y 16,
4:00 – 5:00 PM CST**



Evento facilitado por Nora Barquin, Maestra Certificada de Mindfulness, esta es una serie para principiantes de atención plena (mindfulness) de 5 semanas. A través de prácticas basadas en evidencia, los participantes aprenderán a integrar la atención plena en su vida diaria utilizando tanto la meditación formal como técnicas informales de mindfulness. Este curso está diseñado para principiantes, así como para personas que desean retomar su práctica dentro de una comunidad de apoyo.

Nature Hike: Choose Your Adventure

MONDAY, AUGUST 24, 11:00 AM – 12:30 PM



Join us for a “Choose Your Adventure” hike at the beautiful River Trail Nature Center. We'll begin together promptly at 11:00 a.m. and follow a scenic 2-mile round-trip route from the Nature Center south to the Des Plaines River viewpoint and back. Participants who would like a longer hike are welcome to continue with us for an additional 2 miles, exploring the looping nature trails and route toward Allison Woods before returning.

Death Doulas: Who We Are and What We Do

MONDAY, AUGUST 24, 12:00 – 1:30 PM CST



What is a death doula, and how can they support individuals and families through the end-of-life journey? Join Catherine Durkin Robinson for an introduction to the role of death doulas and the compassionate care they provide. This presentation will explore common fears and anxieties surrounding death and offer perspectives on finding greater peace and preparedness. Learn how conversations about mortality can help us live with more intention, meaning, and joy today.

Grief Walk

MONDAY, AUGUST 31, 10:00 – 11:00 AM



Join us for a gentle, two-mile walk through a natural setting at Middlefork Savanna. Please wear comfortable walking or running shoes and dress for the weather. This program is for anyone who has lost a loved one to cancer within the last 5 years.

Individualized Services

To schedule appointments for these services, contact the Center at 847.509.9595



Wig Salon: Resurrection Medical Center

WEDNESDAY, AUGUST 12, 10:00 AM – 2:00 PM

The wig salon at Resurrection Medical Center provides individuals experiencing hair loss due to cancer treatment with free, high-quality synthetic wigs in a variety of colors, textures, and styles. A limited number of appointments are available. The wigs and services are provided FREE of charge.



Acupuncture Treatment

FRIDAY, AUGUST 14, 9:00 – 11:30 AM

Wondering if acupuncture is right for you? Complimentary one hour individual treatments are available with Dr. Zahava Berkowicz and the IMMA team at IMMA Acupuncture and Wellness. Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress.



The CWC Studio: Wig Services

WEDNESDAY, AUGUST 19, 9:00 AM – 5:00 PM

A limited number of appointments are available for a free wig and wig-fitting at the CWC Studio. A variety of high-quality, synthetic wigs of many hair colors and textures are available. These services will be provided by professionals from Hair Response.



Newly Diagnosed Consultation

Designed for individuals recently diagnosed with cancer, this two-session consultation provides targeted support in processing your diagnosis, navigating the medical system, and addressing early emotional and logistical needs.



Consultas para personas con recién diagnosticadas

El diagnóstico de cáncer produce muchos sentimientos que podrían ser difíciles de manejar. Una consejera experimentada puede platicar contigo para ayudarte a lidiar con tus miedos y ansiedades sobre tu diagnóstico de cáncer.

Sneak Peek

The Non-Toxic Home: A Room-by-Room Guide

WEDNESDAY, SEPTEMBER 30, 1:00 – 2:15 PM CST

 **VIRTUAL**

In this workshop, you will learn simple ways to reduce toxins and chemicals of concern in your home, how to identify products and categories of concern, small cost-effective changes that have a big impact, and helpful resources you can leverage. Environment expert Deborah de Moulpiéd will identify key areas of concern and provide simple solutions you can use to create a safer home.

Upcoming Short-Term Groups

Interested in joining? Contact the Center at 847.562.4981

Healthy Living After Cancer

STARTING TUESDAY, AUGUST 11, 4:00 – 5:00 PM CST
LORI BUMBACO, MS, RDN, CSO, LDN, ONCOLOGY DIETITIAN AND
GABRIELLE WOLK, PSYD

After completing cancer treatment, experts recommend good nutrition and physical activity for survivors to live longer and feel better. Our special program combines expertise about the mind, body, and nutrition specific for cancer survivorship.

Participants will be offered support from professionals and peers while navigating the best ways to modify habits and behaviors to improve their overall health and wellness. This program is especially for those who completed treatment between August 2021 and August 2026. This is a committed program, requiring participants to meet weekly for 18 sessions.

Meaning-Centered Group for Cancer Patients

WEDNESDAYS, WEEKLY, IN-PERSON, 10:30 AM – 12:00 PM
GABRIELLE WOLK, PSYD, AND DOMINIQUE JAMES, MA, LCPC

Starting September 30, this 8-week topic-driven discussion group aims to aid participants in their discovery, reconnection, maintenance, and enhancement of a sense of meaning in life while living with cancer. It will facilitate and optimize coping through a greater understanding of sources of meaning that can be used after a cancer diagnosis. Through the group experience, it will promote a supportive environment among participants faced with similar challenges.

Each session will be focused on a new topic and will include exercises and concepts for the group to discuss. Handouts and simple assignments will be encouraged between sessions to prepare for follow-up discussions. We encourage participants who are available and willing to commit to all eight weeks to register.

Eligibility:

- Open to all participants at any stage of prognosis/diagnosis.

New to the Center? Start here

For more information or to register for Support Services, contact our Intake Coordinator

Alana Lebovitz, MSW

(847) 562-4981

alebovitz@cancerwellness.org



Para más información o para registrarse para servicios de Terapias Virtuales o el Grupo del Apoyo. Mixto en español, póngase en contacto con

Nora Barquin, LCSW

(847) 562-4980

nbarquin@cancerwellness.org



Peer-to-Peer Support

**BECOME OR RECEIVE A MENTOR ANGEL
WITH CANCER WELLNESS CENTER
& IMERMAN ANGELS**

Become a Mentor:

Offer guidance and support, using your experiences to inspire hope.

Find a Mentor:

Imerman Angels connects you with a Mentor Angel who understands your experience.

Scan QR code to learn more.



Support Services

Counseling Services

Our counseling services provide expert support to help patients and loved ones process complex emotions, improve family communication, manage anxiety and grief and find stability during an uncertain time.

- Individual Counseling
- Family Counseling
- Bereavement
- Couples Counseling
- Child & Teen Support

Support Groups

Facilitated by licensed mental health professionals, our support groups create a safe space to share with others who understand, helping you feel less alone while learning practical coping strategies. Groups meet weekly or twice monthly, in-person or virtually.

FOR PATIENTS & SURVIVORS

- Young Women's
- Women 50+
- Men's
- Early-Stage Breast Cancer

FOR CAREGIVERS

- Significant Others/Caregivers
- Adult Child Caregivers
- Spousal Loss

TOPIC-FOCUSED:

- Meaning-Centered
- Women's Body Image
- Support for Anxiety

Peer Connection Groups

These monthly, drop-in gatherings offer a supportive space to share practical tips and real-life insights, help you learn from others' experiences and connect with people who truly understand. Groups meet monthly (in-person or virtual) and last 60–90 minutes.

DIAGNOSIS-SPECIFIC:

- Brain Tumor
- Lung Cancer
- Multiple Myeloma
- Pancreatic Cancer

DEMOGRAPHIC-BASED:

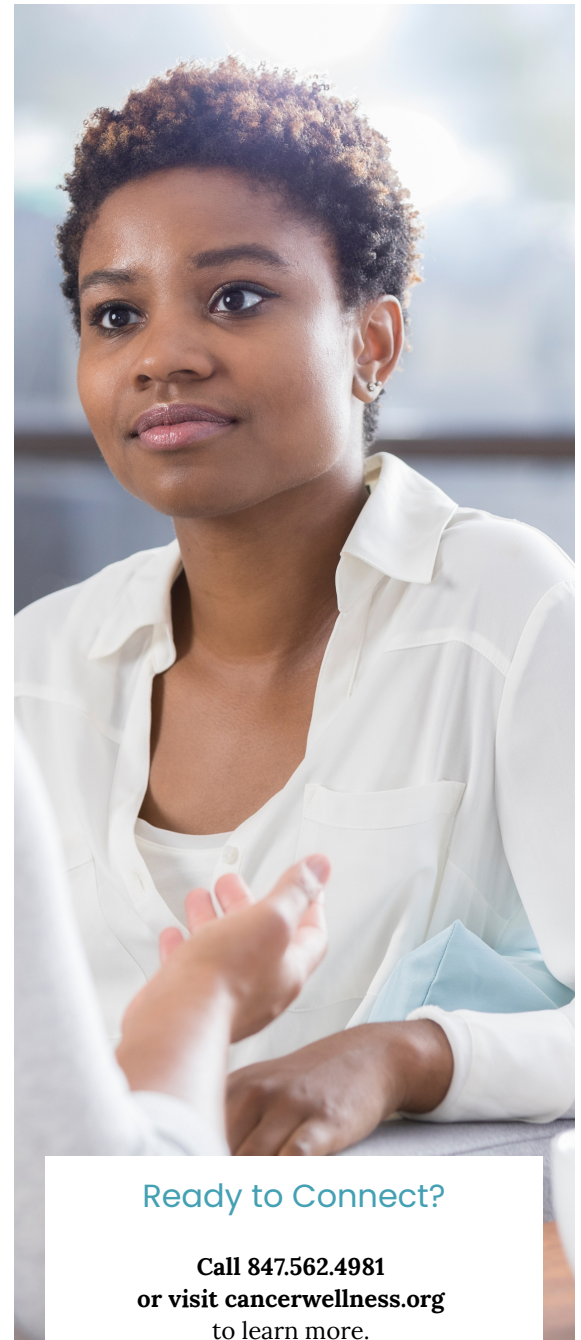
- Men's Group
- Young Adult Group
- Spousal Loss

FOR CHILDREN & TEENS:

- Pediatric Cancer Meet-Up

Nutrition Counseling

Our board-certified oncology dietitian provides personalized, evidence-based guidance to help you maintain strength, manage treatment side effects like appetite changes and digestive challenges, and develop sustainable eating habits for long-term health.



Ready to Connect?

Call 847.562.4981
or visit [cancerwellness.org](https://www.cancerwellness.org)
to learn more.

You don't have to carry this alone—
there's a community waiting for you.

All programs are free of charge.

Wellness Classes

 In-Person
 Hybrid
 Virtual

SUN	MON	TUE	WED	THU	FRI
3:30 - 4:30 PM Yoga Suave: Waukegan Library 	9:30 - 10:30 AM Gentle Yoga: 	9:30 - 10:15 AM Chair Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:00 - 10:00 AM Strength & Conditioning 
	10:00 AM - 12:00 PM Connecting Through Knitting (August 3, 17 & 31) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (August 13 & 27) 	10:00 - 11:00 AM Gentle Yoga 
	10:45 AM - 11:45 AM Healing With Energy Through Reiki 		5:30 - 6:30 PM Gentle Yoga: Lutheran General Hospital 	2:00 - 3:30 Mahjong at CWC 	10:15 - 11:15 AM Gentle Yoga: Waukegan Library 
	11:00 AM - 12:30 PM Bi-Weekly Writing Lab (August 10 & 24) 				
	5:30 - 6:30 PM Stress Relief Yoga 				

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WELLNESS NEWSLETTER



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